

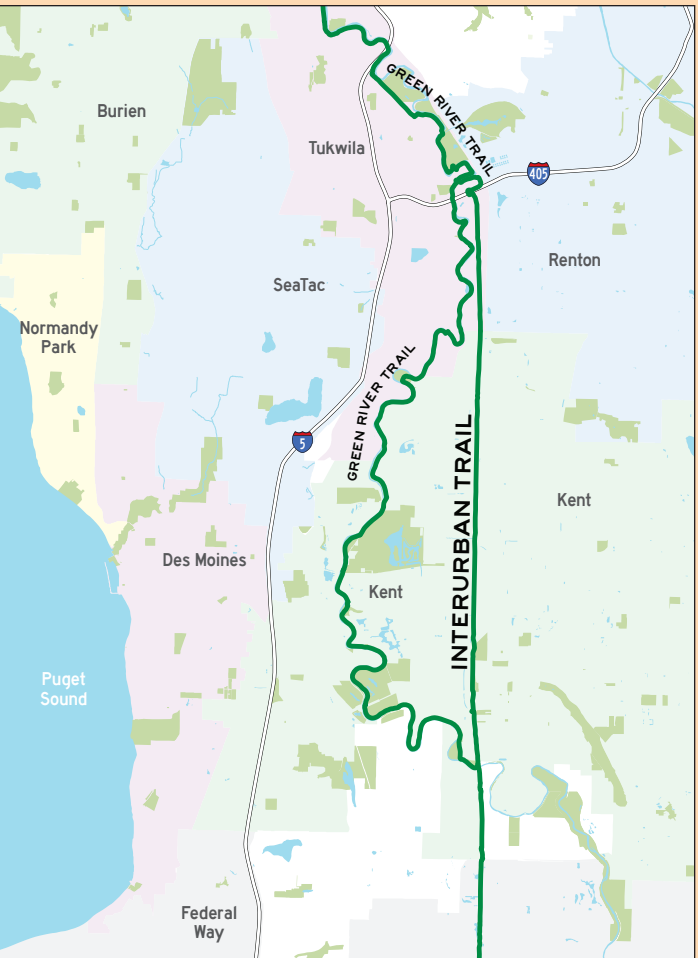
**Cedar River Trail**  
DISTANCE: 17 MILES  
SURFACE: MULTI-USE PAVED TRAIL FOR THE LOWER 12 MILES

Following its namesake and adjacent river, the Cedar River Trail traverses from Lake Washington upstream to the community of Landsburg. Paved for the lower 12 miles, the trail follows a historic railroad bed between the Cedar River and State Route 169, with views and access to the river. Through Renton, it passes eight parks, a golf course and 250 acres of natural area. The trail is popular with walkers and bicyclists, and provides both recreational and non-motorized commuting opportunities. Parking is provided at both ends of the trail, and at numerous locations along its length.



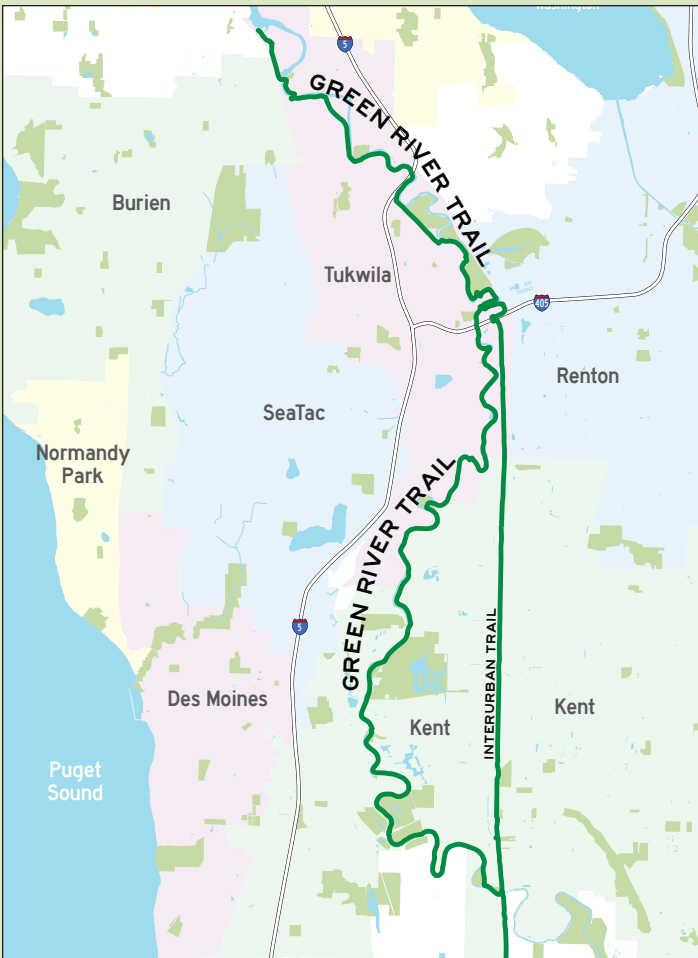
**Des Moines Creek Trail**  
DISTANCE: 2.5 MILES  
SURFACE: MULTI-USE GRAVEL TRAIL

This bicycle and pedestrian trail connects three park systems – 70-acre Des Moines Creek Park, 22.5-acre Des Moines Beach Park Historic District and Tidelands, and 14-acre Des Moines Marina. The trail travels through old growth forests and areas with salmon spawning grounds and a fish ladder, and by two historic landmarks and a mountain bike facility, before ending at the waterfront. This trail provides the much anticipated waterfront link, connecting Des Moines neighborhoods, recreation facilities, and schools, SeaTac, Sea-Tac Airport, a future light rail station, and the South King County Regional Trail System to the Puget Sound in downtown Des Moines.



**Interurban Trail**  
DISTANCE: 14 MILES  
SURFACE: MULTI-USE PAVED TRAIL WITH SOFT SHOULDERS

The Interurban Trail links Tukwila, Kent, Auburn, Algona, and Pacific along a 14-mile-long alignment following the historic Interurban Rail Line. To the north, the trail starts at an intersection with the Green River Trail near Fort Dent Park. Following the BNSF railroad south, it passes through historic industrial areas and suburban lands before crossing the broad Green River Valley. The trail provides access to the Southcenter area, Renton Junction, downtown Kent, Emerald Downs in Auburn, and the communities of Algona and Pacific. The trail currently ends at 3rd Avenue SW in Pacific.



**Green River Trail**  
DISTANCE: 19.6 MILES  
SURFACE: MULTI-USE PAVED TRAIL WITH SOFT SHOULDERS

The Green River Trail winds more than 19 miles from Cecil Moses Park near Seattle's southern boundary to North Green River Park in south Kent near Auburn. The trail follows the Green River through industrial lands near the Duwamish Waterway in Tukwila to the broad Green River Valley. The trail provides excellent views and access to the Green River and surrounding river valley. The trail is paved over its entire length with some low-volume roadway segments. Near Fort Dent Park the trail intersects the northern end of the Interurban Trail, then meanders south down the river valley.

# Park Amenities

Des Moines																										
Des Moines Beach Park Historic District/ Des Moines Creek Park/Trail	22030 Cliff Ave S	60	•		•	•		•	•	•															•	
Des Moines Marina	22307 Dock Ave S	16	•		•			•		•																
Field House Park/Community Center	1000 S 220th St	5	•	•	•	•						•	•		•	•	•							•		
Redondo Pier, Boat Launch & Boardwalk	Redondo Dr & Redondo Way	3	•		•			•	•	•													•			
Saltwater State Park	5205 8th Place S	88	•	•	•	•		•			•														•	
Steven J. Underwood Memorial Park/ Des Moines Activity Center	21800 20th Ave S/ 2045 S 216th St	20.5	•		•	•						•			•											

Normandy Park																										
City Hall Park/Normandy Park Recreation Center	801 SW 174th St	7.9		•	•	•						•	•		•							•				
Marine View Park	20945 Marine View Dr SW	27.3	•																			•	•		•	
Marvista Park	SW 200th St & 4th Ave SW	5.0	•	•	•			•	•															•		
Nature Trails Park	SW 191st St/Marine View Dr SW	19.0						•														•			•	
E.J. Nist Family Park	242 SW Normandy Rd	5.2	•																			•			•	

Renton																										
Cedar River Park - Community Center, Aquatic Center, Theatre	1717 Maple Valley Hwy	20.0			•	•		•	•			•			•							•	•			
Cedar River Trail Park	1060 N Nishiwaki Ln	17.0	•	•	•	•		•			•											•	•			
Gene Coulon Memorial Beach Park	1201 Lake Washington Blvd N	51.0	•	•	•	•		•	•	•											•	•				
Liberty Park	Bronson Way N & Houser Way N	11.0	•	•	•	•						•	•			•	•					•	•			
Piazza Park	233 Burnett Ave S	1.0																								
Black River Riparian Forest	Oakesdale Ave SW & SW 7th St	94.0																				•			•	

SeaTac																										
Angle Lake Park	19408 International Blvd	10.5	•	•	•	•	•	•	•	•															•	
Des Moines Creek Park	2151 S 200th St	96.0																				•	•		•	
Grandview Park	3600 S 228th St	37.0			•																				•	
North SeaTac Park	2001 S 128th St	165.0	•	•	•	•						•	•		•					•		•	•	•	•	
Sunset Playfields	13659 18th Ave S	18.0			•										•											
Valley Ridge Park	4644 S 188th St	21.0		•	•	•						•	•		•	•	•					•				

Tukwila																										
Tukwila Community Center	12424 42nd Ave S	12	•	•	•	•			•			•	•		•							•	•		•	
Starfire Sports / Fort Dent Park	14800 Starfire Way	54	•	•	•	•						•			•							•	•		•	
Duwamish Hill Preserve	3800 S 115th St	9.7																				•			•	
Codiga Farm Park	12535 50th Pl S	3	•																			•			•	
Bicentennial Park	6000 Christensen Rd	1	•	•	•	•																•	•		•	
Foster Golf Links	13500 Interurban Ave S	67				•																•	•		•	

As of Feb. 1, 2012

# Parks & Trails Map

**For the communities of Burien, Des Moines, Normandy Park, Renton, SeaTac, and Tukwila**

Working together for healthier places to live

**Public Health**  
Seattle & King County

Made possible by funding from the Department of Health and Human Services and Public Health – Seattle & King County

**Burien**

Burien offers a great quality of life, a strong sense of community, and recreational opportunities for people of all ages. Located on Puget Sound, Burien's Seahurst Park is 185 acres with nearly a mile of Puget Sound waterfront and several miles of trails, and is the city's most popular park. Its striking views of Puget Sound and the Olympic Mountains draw thousands of visitors each year. The park is considered Burien's most beautiful recreation asset and one of the largest regional parks in South King County. Its beaches and marine environment are favorites among beach naturalists and recreational enthusiasts.

**Des Moines**

Located on Puget Sound, Des Moines offers spectacular views, beaches, parks and facilities for people to enjoy the natural splendor of the Northwest. Des Moines Beach Park Historic District and Des Moines Creek Trail, located adjacent to the Marina, provide family-friendly activities including boating, fishing, beachcombing, cycling, special events and natural exploration. Sandy beaches at Redondo Beach Park and Saltwater State Park are popular spots for outdoor enthusiasts. Lighted athletic fields at Steven J. Underwood Park and Des Moines Field House Park draw athletes for softball tournaments and soccer games. Come discover the history and beauty of Des Moines, the Waterland City!

**Normandy Park**

Normandy Park is a beautiful waterfront community located along the shores of Puget Sound. The community places its highest priorities on maintaining and enhancing its quiet, pedestrian-friendly setting and providing a healthy and safe environment in which residents can raise their families. The City of Normandy Park has over 100 acres of parkland, all of which are open to the public. There are six major parks within the city, two of which are low-intensity nature preserves. There is also one recreation center building, and several mini or pocket parks.

**Renton**

Located on the south shore of Lake Washington, Renton is at the center of the Puget Sound region. The city's landscape is defined by riparian woodlands, and is crossed by rivers and creeks. The Cedar River, containing the largest run of sockeye salmon in the continental United States, runs through the heart of Renton's historic downtown. Renton offers a unique quality of life, a strong sense of community, and excellent recreational opportunities for everyone. Gene Coulon Memorial Beach Park, a beautiful 51-acre park with nearly 1.5 miles of Lake Washington waterfront, is the most popular city park with 1.5 million visitors each year.

**SeaTac**

SeaTac is a vibrant community, economically strong, environmentally sensitive, and people-oriented. The City boundaries surround the Seattle-Tacoma International Airport (approximately 3 square miles in area), which is owned and operated by the Port of Seattle. The City has a system of nine parks consisting of active parks, passive parks, open space and a neighborhood park. Activities in the parks range from a Japanese Garden at the Highline SeaTac Botanical Garden to a full BMX track at North SeaTac Park.

**Tukwila**

Tukwila is at a confluence of regional trails, major free-ways, transit, and historic rivers, all offering access to recreation, culture and entertainment. The city's trail system offers safe routes for bicycle commuting as well as easy access to a wide variety of recreational opportunities, including running, kayaking, bicycling, fishing and even indoor skydiving. Additionally, the trail system provides quick access to shopping in the Pacific Northwest's largest mall, watching the Sounders Football Club play at Starfire Sports Complex, and learning about the region's unique history at the Duwamish Hill Preserve, the Tukwila Heritage and Cultural Center, and The Museum of Flight.

## To Market, To Market!

Farmers markets are family-friendly gathering places that provide access to the freshest local fruits and vegetables available. The communities in King County host many farmers markets that feature local produce and other goods. Ride or walk to the market for a great outing!

Look for this symbol on the map!

**Get Active!**

According to health experts, in order to maintain good health every person should do thirty minutes or more of moderate-intensity physical activity throughout the day on five or more days of the week. Residents of King County have many ways to be physically active. Hiking, biking, rollerblading, canoeing, kayaking, walking, and team sports are just a few of the ways to get off the couch and get moving. Opportunities for all of these activities can be found in this community map guide.





